

What people say about *Bullies Below the Radar*

“Finally, a ‘how-to’ guide to stand up to bullies at work, at home and in the neighborhood.”

Ed Tate, 2000 World Champion of Public
Speaking, President, Ed Tate & Associates, LLC

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*“Your quote, ‘History is not Destiny’ is so empowering. We don't have to continue on the same path and do things the same way. You speak loud and clear to all of the choices we really do have”*

Diane Sieg, Author, *Stop Living Life Like An  
Emergency!*

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“You’ve found the secrets. Your real-world examples and practical, step-by-step instructions are awesome. I wish I had seen this book years ago. This could have helped me with a boss early in my career.”

Marcia (McGilley) Pessemier, Author, *Help And
Hope For Those With Cancer*

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*“The book is full of real-life examples that anyone can relate to. I love how there are quotes sprinkled throughout. Dr. Leichtling has written about something that is timeless. Other great minds have also thought these things. Sit down with this book. You might see yourself or someone you love, and it would be worth your time!”*

Christie Ward, Principal, The Impact Institute

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“I was amazed. During 16 years of marriage, my husband had become someone I didn’t like. But after I followed Dr. Leichtling’s Personal Ecology Strategy, I recovered my strength and energy and he has finally become the man I married.”

Of course, I had to practice, but now that I use Dr. Ben’s methods naturally, I can get what I need faster, easier and much more often. My husband and children have begun to respect me and think of my needs too. I feel like I’ve finally taken charge of my life. I wish I had seen Dr. Ben years ago.”

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*“You’ve found the secrets. Your real-world examples and practical, step-by-step instructions helped us teach our daughter how to stand up to a school bully. She adjusted to what the bully tried and it worked like miracle. The bully backed down and became our daughter’s protector. Our daughter now feels strong and self-assured. Even her grades have gotten better.*

*The biggest surprise was that we could apply your Program to our teenage son who was bullying us. He’s become the polite, respectful person I always knew he could be. He’s even gotten new friends. Thank you, thank you.”*

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“Wait a minute, Ben, why don’t you give names in some of your testimonials?” Simple. These fans have used my methods in their personal lives. Many of them have taken advantage of my personalized coaching programs. They keep their personal lives private. They focus on living glorious lives. They don’t waste time bragging, opening old wounds or perpetuating old fights.

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*“I grew up bullied and have been in abusive relationships all my life. I thought I’d be stuck, going from one bully to another, forever. With your program, it really clicked. I wouldn’t get free if I kept doing what I had been doing and merely wished, real hard, that it would eventually work.*

*I was surprised how easily I could apply your techniques – immediately. It brought out my power and skill. Now I feel healthy, live in a healthy environment and have the kind of love and friends I’ve always wanted. Your system did more for me than years of therapy had. You should call your program ‘The Bully-Be-Gone System.’”*

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“Just before developing my own action plan near the end of the Bullies Below The Radar Electronic Program, I decided to go back to the beginning to make sure I hadn’t missed anything. It was a revelation. Because I had learned so much the first time through, I saw much more this time and was able to develop a much more effective plan.

Now, I see why I used to be so hurt by the bullies at work, but not anymore. I’ve given up trying to be liked by everybody including jerks I don’t even like or respect. Now I seek out only good, quality people as friends, allies and counselors. They’ve really helped me become successful.

Even though I had been using the Program to focus on bullies at work, the biggest revelation was to see that I have been letting my husband bullying me for the whole 19 years we’ve been married. I felt bad the whole time, but I could never put my finger on exactly why I was feeling that way. I minimized what he was doing. He could always talk me into doing what he wanted and made me feel that things were my fault.

I wish I had read the bullies program 20 years ago; it would have saved me from wasting so much of my life.”

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"I used to agonize about what was right. I was so afraid of confrontation. I'd hesitate, get stuck and give in to whatever other people wanted. I didn't think I'd ever have the courage, strength and skill to do what I thought was right and to protect myself. My results went way beyond what I expected.

Your techniques are awesome. You'd be amazed at the stuff that would fly through my head if I didn't use your methods to stay on track. If anyone follows Dr. Ben's program, even if they're not the most skilled, they'll get great results time after time."

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*"You're absolutely right. I used to bully myself using my mother's voice. She and her friends had always disapproved of me. I used to try to please them even though I hated them and also me for being a coward. I had left home a long time ago, but I had still carried them with me in my head. I wasn't protecting my Personal Ecology from my own memories and old rules.*

*You helped me get them out of my head. I finally grew a backbone and got free from my old ghosts. Using the Shrine Exercise I cleared everyone out of my head so I could get my life back.*

*Their voices no longer haunt me. I was surprised because now I can stand being with my mother. Her opinions don't bother me any more."*

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***"Your greatness unfulfilled is a great tragedy."
Ben Leichtling***

Bullies Below The Radar: How to Wise Up, Stand Up and Stay Up

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The person portrayed in this book is a composite of those who took part in actual coaching sessions.

Names, occupations, biographical information and locales have at times been changed.

No two bullies are the same, but their patterns of behavior are the same.

That's why you'll recognize many of the issues and patterns in Grace's story. That's why I've been able to identify countermeasures that can be applied to any bullying situation.

These strategies and techniques are offered as guidelines only.

Every person is unique. Every situation is unique. What works in one situation may or may not work in another. The direction taken by one person in one situation may be opposite from the direction taken by another person in what seems like the same situation.

Therefore, I can't tell you exactly what to do. We would need to examine the specifics of your situation before we could create a customized plan that fits your individual goals and situation.

Then a miracle can happen – you will change, your life will open up and become as glorious, rich and rewarding as you've hoped and dreamed. That's what I hope will happen.

These strategies work.

This book and the companion books, *How to Protect Your Personal Ecology* and *How to Stop Bullies in Their Tracks*, will help you gather and apply all your abilities effectively. Don't just pick one technique and jump in. Act systematically, with determination and perseverance, so that a miracle is more likely to happen.

If at first you don't succeed, call and we can develop new strategies. Use good judgment and uncommon sense about what will work for you and what sequence of steps to follow, depending on the responses you get at each step. Remember how you learned to walk – step-by-step, going forward and back, trying and sometimes falling, but always adjusting to the feedback you got.

For life-coaching, presentations and business consulting, contact Dr. Ben at 303-458-6616.

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More Powerful Programs

Purchase these programs right now

- Order online at
www.LeichtlingAssoc.com/Powerful_Resources.html
or www.BulliesBelowTheRadar.com or
- Call Dr. Leichtling at 303-458-6616.

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## **Membership in Dr. Ben Leichtling's *Living Your Glorious Life Program* Complete with *The Electronic Monthly Mentor***

**Learn how to eliminate the high cost of low attitudes in your life.** Receive the electronic *Monthly Mentor* containing case studies, articles, stories, tips, techniques, tools and exercises to help you overcome hesitation; build self-esteem and self-confidence; deal with major relationship or health changes; overcome bad habits, career problems, stress, anxiety and fear; raise children in a tough and decadent time; learn not to take things personally while still protecting yourself; and even weight loss.

**The goal is simple:**

**Take Charge Of Your Future, Achieve What's Possible,  
Live Your Life Gloriously**

Only \$20 per month – Receive a free, trial issue plus a bonus 10% discount on all other program purchases.

***Bullies Below the Radar: How to Wise Up, Stand Up and Stay Up - Electronic Program*** - \$40

In this **Electronic Program**, you get the ***Bullies Below the Radar book*** seamlessly integrated with its two companion books in 250 pages, 8 ½ x 11 format:

- ***How to Protect Your Personal Ecology*** – containing 38 *exercises* designed to guide you in developing your own personalized action plan to take care of yourself naturally and easily.
- ***How to Stop Bullies in Their Tracks*** – containing 42 *case studies* and *examples* of real people, just like you, to help expand your vision and range of possible tactics.
- Additional bonus **exercise forms** so you can develop individualized plans for many other people-situations.
- An **index** so you can easily locate *examples-case studies* about your specific situation.

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Bullies Below the Radar: How to Wise Up, Stand Up and Stay Up - Electronic System - \$100

In this **Electronic System**, you get the complete ***Bullies Below the Radar Program*** plus:

- **65 Handy Guides** to help you handle bullies.
- **63 Words of Wisdom** in card and bookmark formats.
- **6 Additional Case Studies** – 1 per month for the next six months.
- A **Bonus Certificate** entitling you to \$100.00 discount toward 1 hour of Personal-Life Coaching with Dr. Leichtling.

Bullies Below The Radar

Order by Credit Card Online at:

www.LeichtlingAssoc.com/Powerful_Resources.html

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About Dr. Ben Leichtling



BEN LEICHTLING, PH. D., directed bio-medical research laboratories for 21 years. He co-authored over 30 scientific papers and book chapters. Since 1985, he has been a life-coach, psychotherapist and business consultant.

Over 170 of his articles have appeared in national business, trade and psychotherapy publications. He writes a leadership column for the Denver Business Journal. His expertise has been featured in Entrepreneur, USA Weekend and the Harvard Management Update.

Dr. Leichtling says, “I developed my skills in the heat of the moment – through trial and course-correction. Of course I learned from books and courses. But you learn the most from real life and by modeling great people. Growing up in New York City I learned how to wise up, stand up and stay up. Later I learned even more with six children in our stepfamily – including five teenagers at one point.”

For life-coaching, presentations and business consulting, contact Dr. Ben at 303-458-6616.